

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I always add Hemp Hearts in my porridge every morning, or I will make the milk and add it to my cereal since I am lactose tolerant. It tastes very good. At lunch time, my hunger is under control.

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Please describe your experience regarding hunger and Hemp Hearts:

2-3 TBSP HEMP HEARTS ALONG WITH A LITTLE OTHER CEREAL PROVIDES SATISFACTORY NOURISHMENT UNTIL LUNCHTIME. A MIDMORNING SNACK IS NOT WANTED OR NEEDED. FRUIT IS ADDED ALSO.

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Please describe your experience regarding hunger and Hemp Hearts:

I take 3 tbsps with yogurt in the morning + I am not ravenously hungry at lunch or dinner.

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN I EAT 4 HEAPING TABLESPOONS OF HEMP HEARTS WITH MY BREAKFAST, I AM NOT USUALLY HUNGRY UNTIL 2 PM OR LATER. AT THIS TIME, I CAN GET BY WITH A LIGHTER LUNCH AS WELL.

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Please describe your experience regarding hunger and Hemp Hearts:

To whom it may concern
I have been eating Hemp Hearts for many years
and find them very good with lots of
energy to last for 6 to 8 hrs, early morning
breakfast thro to late afternoon 31 Stanfill Bobcaygon
out

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Please describe your experience regarding hunger and Hemp Hearts:

When I add hemp hearts to anything, they help
me feel full. And I find I eat less bread (which
used to be a staple) because now I use hemp hearts
in crackers made without any kind of starch or sugar
(just hemp hearts + veggies, dehydrated) and I feel very much

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I DON'T FEEL LIKE EATING UNTILL
AROUND 5 O CLOCK.

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Please describe your experience regarding hunger and Hemp Hearts:

I use slightly less every morning with fruit or
yogurt or food I have no hunger for 4-5 hours